



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

The European Powerlifting Federation and the Luxembourg Powerlifting Federation invite the EPF member nations to participate in the

### 3<sup>rd</sup> European Open University Cup 2022 In Classic Powerlifting 24<sup>th</sup> – 27<sup>th</sup> March 2022 in Hamm, Luxembourg

The EPF member nations are invited to take part in the 3<sup>rd</sup> European Open University Cup In Classic Powerlifting 24<sup>th</sup> – 27<sup>th</sup> March 2022 in Hamm, Luxembourg.

**Please note:** all information is posted only for information purposes. All team selections, all official entries for the Championships and all hotel bookings must be done by IPF-Member nations, NOT by individuals.

**Meet Director:** Gaston Parage, 1, rue Pasteur L-4642 Differdange, Luxembourg,  
Phone: +352 621165214, e-mail: [gparage@vo.lu](mailto:gparage@vo.lu)

**Correspondence, visa:** [gparage@vo.lu](mailto:gparage@vo.lu)

**Accommodation:** Gaston Parage e-mail : [gparage@vo.lu](mailto:gparage@vo.lu) phone: 352621165214

**Transport, banquet:** Gaston Parage e-mail : [gparage@vo.lu](mailto:gparage@vo.lu) phone: 352621165214

**Technical Secretary:** Werner Lau [gparage@vo.lu](mailto:gparage@vo.lu)

**Championship Secretary:** Bjørn Astad, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org) phone: +47 91817979, Norway

**Host City:** Hamm, Luxembourg

**Date:** 24<sup>th</sup> – 27<sup>th</sup> March 2022

**Venue:** “Centre Sportif à Hamm” sports center Address : 157, rue de Hamm L-1713 Luxembourg-Hamm

**Technical Meeting:** Wednesday 23<sup>rd</sup> March at 20:00 in the Hotel Ibis

*All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the European championship or has not informed the EPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone) a fine of 250 Euro will be imposed to the concerned national federation (see EPF By-laws 105.6).*

#### Official hotel:

**Hotel:** Hotel Ibis & Budget route de Trèves L-2632 Niederanven Findel Luxembourg in front of the Airport

<b>Single room (1 person):</b>	EUR per room/night, including breakfast Hotel Ibis 90 € Hotel Budget 65 €
<b>Twin room (2 person):</b>	EUR per room/night, including breakfast Hotel Ibis 100 € Hotel Budget 75 €
<b>Triple room (3 person):</b>	EUR per room/night, including breakfast Hotel Ibis 110 € Hotel Budget 85 €

**Note 1 : BEWARE. IMPORTANT INFORMATION**

All rooms must be **booked** via the championship organiser and **paid** for **Wednesday 2<sup>nd</sup> March 2022 the latest** (21 days prior to the date of the Championship). Only rooms that are paid for within the deadline will be noted as official championship hotel rooms.

Participants are free to book their own hotel accommodation at other hotels after the deadline, but then they must pay an administration fee of 100 € for each person (lifter, coaches, referees and officials) to the organiser to receive proper documentation to take part in the championship. The organiser will not be responsible for any hotel bills of the participating nations.

**Hotel IBIS**

**Bank address: Caisse d'Epargne de l'Etat Luxembourg, Place de Metz L-2954**

**Luxembourg. Account holder Hotel Ibis**

**SWIFT code BIC: BCEELULLXXX**

**Account number: IBAN: LU39 0019 1106 1569 4000**

**Note 2:**

**Thursday 3<sup>rd</sup> March 2022** (21 days prior to the date of the Championship) is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not cancelled in time, federations have to pay the reserved hotel rooms (if the hotel require such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified in the final nomination form.

**For referees Thursday 10<sup>th</sup> March 2022** (14 days prior to the date of the Championship) is the latest day for changes of categories for which referee has been allocated in the final nomination ([published at www.europowerlifting.org](http://www.europowerlifting.org)). Any changes requested by the referees after this date will cause a fine of 100 Euro! (EPF BL 105.13.2) However, federations may allocate duties between their own referees latest at the technical meeting without any fine.

Any nation, participating in European Championships with at least 3 lifters, must include at least one international referee. If more than 14 lifters from one nation take part, at least 2 referees must be included. Failure to meet this specification imposes a fine of 500€ for each missing referee. All nominated referees attending a championship, must be available for at least two days. (see: EPF BL 105.13 and IPF Technical Rules, chapter - Referees, page 31, paragraph 17).

It is the responsibility of each Federation to confirm in the final nomination in which categories their referees will be available or cancel the referees who will not participate in the Championships.

All referees nominated at the time of the final nomination will be awarded referee duties by the EPF Technical Committee Chairman (TC Chairman) and the referee list will be published at the EPF website (Referees/Jury under Upcoming Events). All federations/referees must control this list and if they do not agree, they must immediately contact the TC Chairman for corrections.

**Airport to Hotel , walking distance to the Hotel in front of the airport ( 5 minutes walking time )**

Please send your detailed travel itinerary to: **Gaston Parage e-mail : [gparage@vo.lu](mailto:gparage@vo.lu) phone 352621165214**

Use the accommodation-transport form.

**Shuttle:** Daily will be handover at the technical meeting and posted at the Hotel  
**Timetable will be provided after final nominations.**

**Scales:** Scales are available at the venue and at the Ibis Hotel.

**Training:** Training equipment available in the venue. This equipment can be used only by entered lifters during the championship.

<b>Flag and anthem:</b>	Will be provided by the organiser.
<b>Closing Banquet:</b>	<p><b>Sunday 27<sup>th</sup> March</b> 20:00 at Hotel Ibis  Price 35 EUR per person paid to the organizer.  Tickets for the banquet please order on the transport-banquet form.  Tickets order send to: e-mail:  Tickets for the banquet must be paid in advance on account of the organizer against the invoice in EUR. <b>Payment must be received at the bank account mentioned on the invoice at the latest 21 days prior to the beginning of the Championship.</b></p>
<b>Participation Fee:</b>	90 € for each lifter must be paid by bank transfer to the EPF bank account latest one day before the Technical Meeting. Invoice will be sent by the EPF Treasurer.
<b>Anti-Doping Fee:</b>	60 € for each lifter must be paid by bank transfer to the EPF bank account latest one day before the Technical Meeting. Invoice will be sent by the EPF Treasurer.
<b>EPF Invoices:</b>	<p>The invoice will be sent to the federations <u>by the EPF Treasurer</u> latest 14 days prior to the day of the Technical Meeting (EPF BYLAWS 103.3.2.) Federations must pay participation and doping fees for the number of lifters declared at the <b>final</b> nomination.  All invoices are published at the EPF web (<a href="http://www.europowerlifting.org">www.europowerlifting.org</a>) under "SERVICES" &gt;&gt; "INVOICES". Every member federation may go to the EPF website and download their invoices. Payment must be at the EPF account latest one day prior to the Technical meeting.</p>
<b>Technical Meeting:</b>	<b>Wednesday 23<sup>rd</sup> March at 20:00 in the Hotel Ibis</b>
<b>Opening Ceremony:</b>	<b>Thursday 24<sup>th</sup> March at 14:30 hours at the Venue.</b> All representatives from each participating country shall take part at the Ceremony.
<b>Nominations:</b>	<p>Team nomination are done by each federation by the IPF electronic nomination system. Team nomination forms must be sent to:</p> <ul style="list-style-type: none"> <li>– Meet Director : <b>Gaston Parage</b> <a href="mailto:gparage@vo.lu">gparage@vo.lu</a></li> <li>– Technical Secretary: Will be forward by the Meet Director</li> <li>– directly to Goodlift nomination online program on internet,</li> <li>– the EPF Championships Secretary <b>Bjorn Astad</b>, e-mail: <a href="mailto:bjorn@europowerlifting.org">bjorn@europowerlifting.org</a> phone: +47 91817979, Norway</li> </ul>
<b>Preliminary</b>	<b>Saturday 22<sup>th</sup> January 2022</b> (complete filled in preliminary form must be sent. No final nomination will be accepted if complete form was not sent).
<b>Final:</b>	<b>Thursday 3<sup>rd</sup> March 2022 (later entries will not be accepted)</b>  All lifters are expected to present passports and other required documents at the weigh-in.
<b>Victory Ceremonies:</b>	Will be held immediately after each lifting session. It is mandatory that each athlete wears their Team Warm-up/Track Suit for the award presentation.
<b>Important Note:</b>	<b>The timetable may be changed after the final nomination. Some Categories may be moved one day earlier or later than specified.</b>

## Preliminary timetable

Day	Event	Start
Wednesday 23 <sup>rd</sup> March 2022	Accreditation	12:00
	Technical Meeting	20:00

Day	Weigh-in	Classic Powerlifting	Lifters	Start
Thursday 24 <sup>th</sup> March 2022	09:00 – 10:30	Women 52 & 57 kg	14	11:00
	Opening Ceremony			14:30
	13:00 – 14:30	Men 53, 59 & 66 kg 74 kg	14 10	15:00
Friday 25 <sup>th</sup> March 2022	09:00 – 10:30	Women 63 & 69 kg	19	11:00
	13:00 – 14:30	Men 83 kg	19	15:00
Saturday 26 <sup>th</sup> March 2022	09:00 – 10:30	Men 93 kg	17	11:00
	13:00 – 14:30	Men 105 kg	16	15:00
Sunday 27 <sup>th</sup> March 2022	09:00 – 10:30	Women 76, 84 & +84 kg	18	11:00
	13:00 – 14:30	Men 120 & +120.0 kg	13	15:00
	Closing banquet			20:00

### Important Items to Remember:

Preliminary nominations are done by each federation by the IPF Electronic Nomination System. In addition, preliminary nomination forms must be sent to the Meet director and the EPF Championship Secretary not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According to Technical Rules [Page 4, item 7] at the final nomination you must define which athletes will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination. No more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting. If the organizer does not receive a confirmed cancellation of hotel rooms latest 21 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2).

All athletes, coaches, referees and officials from each federation must book their rooms by the organizer and must stay in the official hotel during the entire time in attendance of the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the entire time in attendance of the championship, they will be obliged to pay an administration fee of € 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said European University Cup.

All delegate members must have a valid **incident and health insurance policy**. The Organizer and the IPF/ EPF will not incur any expenses for a doctor or stay in hospital. We recommend a travel insurance for covering loss of luggage, delayed flight, sickness, accidents, thefts etc.”

### Important Competition Guidelines:

#### The European University Cup will be structured and scored as follows:

1. The competition will be set using the classic / raw lifting style.
2. Each National Federation may nominate up to **TEN (10)** universities in the men's category and **TEN (10)** universities in the women's category. The men's team may consist of 8 lifters and the women's team may consist of 8 lifters.
3. The best three universities for both men and women will receive team awards.
4. Team scoring will be determined by calculating the scores of the best five for men and for women for each university (12, 9, 8, 7...)
5. EPF follows the rules of FISU and only the competitors who satisfy the following conditions may take part in a FISU European University Championships:
  - a) Be a member of the national Federation they represent.
  - b) Be at least 17 and less than 25 years of age on January 1st in the year of the event. For **2022**, athletes must be born between **01/01/1997 and 31/12/2005**.
  - c) Meet the conditions laid down under FISU Art. 5.2.

#### Art. 5.2

Only the following may participate as competitors in a FISU European University Championship:

- a) Students who are currently officially registered as proceeding towards a degree or diploma at a university or similar institute whose status is recognised by the appropriate national academic authority of their country;
  - b) Former students of the institutions mentioned in a) who have obtained their academic degree or diploma in the year preceding the event.
6. The standard weight classes for both men and women will be used.
  7. Medals will be awarded in the individual disciplines — Squat, Bench Press and Deadlift as well as in the overall.
  8. Maximum two athletes of each sex from each university can be nominated for each weight class.

**EUSA** (European University Students Association) has signed a MOU with EPF and supports the organization of the EPF European Students cup. Representatives from EUSA will be present during the cup.

Arnulf Wahlstrøm  
EPF President

Gaston Parage  
Meet Director  
President FLHLP

Bjorn Astad  
EPF Championships Secretary